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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE

WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 1, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all	
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry, or
A fruit or additional vegetable	cheese
Milk for all	

PEPPING UP THE LOW-COST MEAL

Housewives often have to fool their families. This they can do quite harmlessly, and be thanked for it besides, if they are clever cooks. The same old soup, the same old greens, the same potatoes, even, says the Bureau of Home Economics, reveal new forms and flavors resulting from changes in preparation and seasoning. But these, like most other things, are harder to do when rations are short than when there is some leeway in the family purse. How far can inexpensive seasonings go to vary the low-cost meal? What are some of the tricks of getting variety in flavor?

The recipe specialist of the Bureau of Home Economics, Mrs. Fanny Walker Yeatman, has some suggestions about this. Says she: "One of the best ways to give flavor to soups and stews is to brown, in fat, the meat and vegetables that

go into them. Also use crisped bits of salt pork or bacon, added at the last minute, instead of putting them in 'as is' and at the beginning. A stew made this way will taste quite different from the stew made of the diced fresh vegetables, or from meat and vegetables simply cooked in water."

Some of the most attractive seasonings actually can be grown in the kitchen--in anything from old saucers and flower pots to hanging baskets or window-boxes. Parsley, chives, thyme, mint, tarragon--all of these little plants grow readily this way, according to the garden specialist of the Bureau of Plant Industry, Mr. W. R. Beattie, and are very ornamental as well as useful. (For particulars on these little indoor kitchen gardens, write to Mr. Beattie).

Onion juice is often preferable to chopped onion for seasoning. Dried celery tops (save all your celery leaves and hang them up in a paper sack to dry) are cheap and useful seasonings for stuffings. So is celery seed. Fresh mint leaves or watercress may be used for the same purpose, especially with roast lamb, and celery seeds are particularly good with potato salad and cold slaw. A German use of mace--ever so little mace--is with green beans, and this unusual flavor adds interest to the ordinary canned beans when creamed. Some people like a "suspicion" of nutmeg in chicken soup, and a "ghost" of curry powder in French salad dressing, while chili sauce or catsup in mayonnaise makes something rather like Russian dressing.

When it comes to cakes and desserts, says Mrs. Yeatman, almond will be found an interesting variation from the stand-by flavoring extracts such as vanilla and lemon, and the grated peel of an orange or a lemon is excellent. Orange biscuit may be a change, and orange toast or cinnamon toast can be used in place of dessert for supper, say, or with dessert, for that matter--especially with fruit. To make the orange toast, mix the grated peel of the orange

with sugar and some orange juice, and spread on the slice of bread before toasting.

A few raisins will change the character of a cake, or of cookies, as will coconut also. Caramel is a homemade flavor which is usually very popular with the family, and costs very little. Chocolate rice pudding is another variation--and one that some children like even though they refuse the plain rice pudding.

Never overdo the seasoning, says Mrs. Yeatman. This will also make the supply last longer. Here, for instance, is a little budget which is suggested, in addition to salt and pepper, as giving much in little, and which should last for many weeks--at a total cost of about 65 cents:

Celery seed	Curry powder
Sage, thyme, or poultry seasoning	Nutmeg or cinnamon
Mustard	Vanilla

Cloves, allspice, pickle spice, mixed cake spice, mace, ginger, paprika, bay leaf, bottled horseradish--any of these can be added or substituted at a cost of 8 to 10 cents per package, almond extract, shredded coconut, and chocolate at 7 to 23 cents per package. Cocoa can often be used in place of chocolate, and costs less.

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WEEKLY LOW COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread.....	12 - 16 lbs.
Flour.....	1 - 2 "
Cereal.....	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk.....	23 - 28 tall cans
Potatoes.....	15 - 20 lbs.
Dried beans, peas, peanut butter.....	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits.....	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. ...	2 $\frac{1}{2}$ "
Sugar and molasses.....	3 "
Lean meat, fish, cheese, and eggs.....	5 - 7 "
Eggs (for children).....	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast or Orange Biscuits
Orange juice for Children
Coffee (adults) - Milk (children)

Dinner

Shoulder of Lamb with Mint Stuffing
Canned Corn - Snap Beans
Bread and Butter
Milk for all

Supper

Potato Salad with Onions on
Lettuce
Toast
Chocolate Bread Pudding
Milk for children

Recipes

Beef Stew (with browned ingredients)

1 pound lean beef	1 pint water
1/2 cup beef suet (small pieces)	1 quart canned tomatoes
4 potatoes, diced	Salt
2 onions, chopped	Pepper
2 tablespoons flour	

Wipe the meat with a damp cloth and cut into small pieces. Try out the suet and remove any crisp pieces. Brown the onion and potatoes in the drippings. Remove the vegetables and brown the meat which has been rolled in the flour. Add the water to the meat and simmer until tender. Then add the browned vegetables and the tomatoes and continue to simmer until the potatoes are soft. Season with salt and pepper and stir in the crisped pieces of fat and serve.

Roast Shoulder of Lamb with Mint or Watercress Stuffing

3 or 4-pound shoulder of lamb	6 tablespoons butter or other fat
3 cups fine dry bread crumbs	3 tablespoons chopped celery
1/2 cup fresh mint leaves, or 1-1/2 cups finely cut watercress	1-1/2 tablespoons chopped onion
leaves and stems	3/4 teaspoon salt
	Dash of pepper

Have the butcher remove all the bones and the fell from the meat. Save the bones for making soup. Melt the butter in a skillet and add the onion and celery. Cook for a few minutes and add the mint leaves or the finely cut cress and the other seasonings, stir in the bread crumbs, and mix all the ingredients together. (When using watercress allow the liquid which cooks out to evaporate before the bread crumbs are added.)

Sprinkle the inside of the pocket in the shoulder with salt and pepper, pile the hot stuffing in lightly, and sew the edges together. Rub salt, pepper, and flour over the outside. Place the roast on a rack in an open pan without water. Sear for 30 minutes in a hot oven (480° F.). Reduce the oven to moderate temperature (300° F.) and cook the meat at this temperature until tender--from 2½ to 3 hours at these oven temperatures. Serve hot with brown gravy.

Orange Biscuits

2 cups sifted soft-wheat flour	2 tablespoons sugar
4 teaspoons baking powder	2 tablespoons grated orange rind
¾ teaspoon salt	3 tablespoons fat
About 2/3 cup milk	

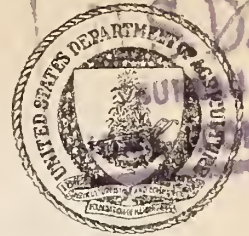
Sift the dry ingredients, add the orange rind and fat and mix well with the tips of the fingers. Make a well in the mixture and add the milk slowly and stir from the center with a fork, until a medium soft dough is formed. Toss on to a lightly floured board and knead a few seconds until smooth. Press into a sheet about 1/2 inch thick, with the palm of the hand. Cut into rounds and cover the top of the biscuits with a mixture of 1 tablespoon of grated orange rind and 1 tablespoon of sugar. Bake in a hot oven (400° F.) about 15 minutes or until lightly browned.

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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 8, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	Two to four times a week --
:	Cereal in porridge or pudding
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:	Tomatoes (or oranges) for children
:	Eggs (especially for children)
:	A green or yellow vegetable
:	Lean meat, fish, or poultry, or
:	A fruit or additional vegetable
:	cheese
:	Milk for all
:	:
:	:

RICE FOR THE ECONOMY DIET

When a certain Captain Smith, returning from Madagascar in 1694, presented a bag of "paddy" to a merchant in Charleston, South Carolina, he provided the future United States with one of our favorite and cheapest foods. "Paddy" is rough rice, and rice is one of the cereals which, combined with milk, are recommended by the Bureau of Home Economics of the U. S. Department of Agriculture as the basis of the most economical balanced diet that can be devised. It is also one of the important cereal crops of our Southern States; it sells on the retail market in bulk for 3 to 5 cents a pound; and a pound of rice, after cooking, makes more than 10 servings of a cupful each. A bowl of rice, with gravy, is the mainstay of many a Southern meal.

Rice is first of all an energy food, containing, like all the other grains, a high percentage of starch. It can play an attractive part in any meal, whether

as a cooked cereal at breakfast, in soup or with meat gravy and vegetables at dinner, or to make a dinner or supper dessert. Rice is also a good "food extender"--taking the flavor of other foods readily, and therefore good as a stuffing and useful in mixtures with meat, vegetables, or fruits. Rice cooked in milk, or in a mixture of half milk and half water, makes a creamy dish of high food value which may be served with or without fruit as a breakfast cereal, or as a dessert with sugar, flavoring, spices, fruits, or chopped nuts. If cooked until fairly soft, it may be molded and served attractively with preserved or fresh fruits.

There are many varieties of rice, and any cook would have reason to rejoice if the dealers would sell those varieties unmixed and labeled as to grade. So says Miss Mabel Stienbarger, associate specialist in foods in the Bureau of Home Economics, who has made a special study of the various kinds and grades of rice. The cooking qualities, especially as to the cooking time, vary with the kind of rice, and a mixture of rices of different kinds will cook unevenly. Rice broken in milling is sold as "broken rice" or "brewers' rice." Though less attractive looking, it has all the food value of whole rice, and it sells for less. Broken rice where available, and all the cheaper grades, can well be used in any dish except boiled rice, where the grains should stand apart.

White, polished rice is the most familiar form on the market, and ordinarily is the cheapest in stock. Brown rice, however, has higher food value because it is unpolished, and therefore still has the outer coat of the grain, which contains most of the mineral, much of the protein, and practically all of the vitamin values of rice. In oriental countries, where rice is the principal food, the deficiency disease known as beriberi is common among people who depend upon polished rice, but does not occur when brown rice is used, because the outer coat contains vitamin B.

Brown rice is sold in packages in many grocery stores, and at some food stores it is sold in bulk. "Rice polishings," i.e., a fine powder which results from polishing the rice grain, can be had at the rice mill, and they are a desirable addition to wheat flour and corn meal because the rice polishings contain the minerals, and vitamin B which were removed from the grain in the milling.

Boiling, according to Miss Stienbarger, though the simplest method of cooking rice, is one of the most trying tests of its cooking quality. In boiled rice the grains should be white or creamy white, tender yet unbroken, and should stand apart. This is accomplished by boiling the rice gently in an excess of water (2 quarts of salted water to a cup of rice) until the grains are tender, then draining and pouring water over them to remove any starch that may cling to them. In some sections of the country, minerals in the water may cause rice to become grayish or greenish in color when boiled, but a pinch of cream of tartar in the cooking water will prevent this.

Brown rice should be boiled in the same manner as white rice, except that after boiling gently about 30 minutes, it should be covered and allowed to simmer until the rice is cooked through and the water is absorbed.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2 1/2 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs
Sugar and molasses	3 lbs.

MENU FOR ONE DAY

Breakfast

Hot Cereal - Griddle Cakes - Sirup
Coffee (adults) - Milk (children)
Orange or Tomato Juice for baby
Toast for baby

Dinner

Rice Pilau
Toasted rolls or Hard rolls and Butter
Blackberry Pie
Milk for all

Supper

Fried Eggplant - Creamed Potatoes
Jam or tart Preserves - Whole Wheat
Bread and Butter
Milk for Children

- 4 -
RECIPES

Rice Pilau

2 thin slices of salt pork,
finely diced
3/4 cup uncooked rice
3 cups hot water
2 medium-sized onions, cut fine

2 cups tomato juice and pulp
4 tablespoons minced parsley
Salt
Pepper
Paprika

Fry the salt pork until slightly browned. Add the rice which has been washed and drained, and stir until the rice is a golden brown, adding the onions meantime. Add the hot water gradually, cover, and cook. When the rice is tender, add the remaining ingredients, place in a greased baking dish, and bake 30 minutes in a moderate oven (350° to 370°F.).

Rice Patties

Cook boiled rice until it is fairly soft, drain, but do not rinse. Spread it about an inch thick in a shallow pan, pressing it down well. Cut into rounds with a biscuit cutter. Place the rounds in a greased pan, adding a bit of butter to each. Brown in a hot oven (400° to 415°F.), or under a broiling flame. One cup of uncooked rice makes about twelve patties. Serve creamed meats or creamed vegetables over the rice patties.

Baked Creamy Rice Pudding

3 tablespoons uncooked rice
1 quart milk
1/3 cup sugar

1/2 teaspoon nutmeg or cinnamon
1/2 teaspoon salt

Wash the rice, add to the remaining ingredients, and stir the mixture. Pour into a baking dish, and bake 2-1/2 to 3 hours in a slow oven (285° to 295°F.). Stir three or four times during the first hour. One-half cup of raisins may be added if desired. The creaminess and delicious flavor of this pudding result from long slow cooking.

Rice Left-Overs

Substitute cooked rice for bread crumbs in making meat loaves or scalloped dishes.

Combine left-over rice with the less tender cuts of meat in making stews.

Make a stuffing for tomatoes by mixing boiled rice with chopped cooked meat, minced green pepper and celery; or omit the chopped meat, and use as a stuffing for meats or fish.

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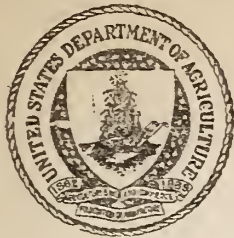
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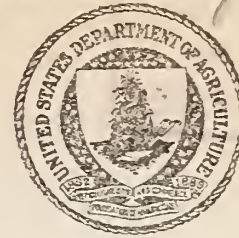
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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON, D. C.

PLEASE FOR PUBLICATION
JUNE 15, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	A green or yellow vegetable	Lean meat, fish, or poultry, or
:	A fruit or additional vegetable	cheese
:	Milk for all	
:		:

SAVING FOOD BY CAREFUL HANDLING

What may be economy in the buying of food, often depends on the means and space for keeping food, and also the care in handling it, after it is bought. With a good refrigerator in the house, many of the food-keeping problems are solved, but the home without a refrigerator has its troubles. There are, however, some foods that never should be kept in a refrigerator, but must be cared for in some other way. In any case, care in handling, a knowledge of the dangers of food poisoning, and precautions against contamination of food are necessary to protect the family's health as well as its pocketbook.

The housekeeper must guard against different kinds of spoilage. Some foods change texture, some lose flavor, others become actually harmful. Green vegetables wilt because their moisture evaporates. Crackers and cookies, on the other hand, take up moisture from the air and thereby lose their crispness.

Light affects some kinds of food. It hastens the ripening of fresh fruits and vegetables, and it is bad for fats and oils, which become rancid in the light and warmth.

The most important and the most troublesome causes of spoilage are bacteria, yeasts, and molds--microscopic forms of life which exist almost everywhere and develop rapidly under certain conditions. Careful washing of all fruits and vegetables that are to be eaten raw is one precaution against these organisms, and cooking will destroy them as a rule. Low temperature (between 60 and 40 degrees Fahrenheit) in a ventilated container, will retard their development, and will also check the ripening of berries, tomatoes, peaches and other fruits. Lettuce and all the salad vegetables should be put away in moist wrapping or in a covered, ventilated dish or pan, in the coolest place available.

Milk presents a special problem. Fresh bottled milk is best kept in the bottles in which it is delivered. They should be brought indoors as soon as possible after delivery, washed, and placed in the coldest part of the refrigerator. In an ice refrigerator this will be found immediately below the ice chamber, in a mechanical refrigerator the coolest place is nearest the point where the cold air comes from the cooling unit. If there is no refrigerator, evaporated milk and dried milk may be found convenient in summer. Evaporated milk can be bought in cans small enough to be used up at once, and in the unopened can it will keep indefinitely. Dried milk, sold in 1 pound cans or larger, will keep for days after the can is opened if tightly covered.

Cuts of meat from the market should be unwrapped as soon as delivered, and the meat put away in a clean, dry, uncovered dish, in the coldest part of the refrigerator. If there is no refrigerator, the meat should be used at once. This is particularly important to remember with reference to liver and the other edible organs, and fish and all sea foods, which spoil even more quickly than other kinds of meat.

One of the most troublesome problems is the keeping of left-over meats, fish, gravies, dishes with cream sauce, custards, boiled salad dressing, soup, bouillon, sandwich fillings, etc. Cooked meat can best be stored if loosely wrapped or covered, to prevent drying out too rapidly. Keep it as cold as possible and do not slice until just before serving.

All the moist cooked foods, in fact, particularly those rich in protein, need careful handling to keep them safe. In hot weather especially, the bureau says, left-overs of perishable foods should be boiled or thoroughly heated before they are served a second time. "Warming up" such foods is not enough. "Cold vict-u-uals" of this kind may cause serious poisoning, even though there is no taste or smell of spoiling. Without a refrigerator, the safest rule, of course, is to cook only enough for one meal, avoiding left-overs as far as possible.

Meat drippings, fat from soup stock, etc., spoil very quickly and ruin the flavor of any food in which they are then used. They should be used as promptly as possible, but if a quantity does accumulate, it may be heated with an equal quantity of water at a moderate temperature for a short time, and then strained, while hot through flannel or thick muslin. When it is cold, the cake of clean fat may be lifted from the water and, if desired, reheated in order to drive off the remaining moisture. Bacon fryings soon turn rancid. They should be kept in a cool place, and used as quickly as possible.

All foods that are to be used without washing -- butter is the most important example -- should be kept wrapped or in covered receptacles, whether in a refrigerator, pantry, or any other place. For dry foods, the best protection is an air-tight container, such as a covered tin or glass jar.

Bread offers ideal conditions for the growth of molds. Therefore, the bread box should be thoroughly scalded, dried, and aired at least once a week and should not be shut up air-tight, especially in hot, humid weather when it is filled with fresh bread.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	23 - 28 tall cans

Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs
Sugar and molasses	3 lbs.

MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast
Coffee (adults) - Milk (children)

Dinner

String Beans seasoned with Ham or Bacon Fat
Creamed Carrots - Fried Hominy Grits
Rye Bread and Butter
Coffee (adults) Milk (children)

Supper

Rice and onion soup
Crisp Cornbread
Muffin Cakes with Crushed Strawberries
Milk for children

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RECIPES

Rice and Onion Soup

2 tablespoons broken rice	2 cups milk (fresh, evaporated, or dried)
1/2 teaspoon salt	
2 cups water	1/4 cup salt pork cut in small pieces
1 onion (cut in half)	

Wash the rice and sprinkle slowly into the boiling salted water, add the onion, and cook until the rice is tender. Brown the pork until crisp, remove from the fat. Mix all of these ingredients except the pork with the milk and heat the mixture. When hot remove the onion, add the crisped salt pork, and serve.

Vegetables au Gratin

Mix two or more kinds of fresh-cooked or left-over vegetables such as string beans, carrots, and turnips or cauliflower, and place in a shallow baking dish. Pour over the vegetables thin white sauce to which cheese may be added if desired. Cover with buttered bread crumbs and bake in a moderate oven until the sauce bubbles and the crumbs are brown.

Muffin Cakes

1/4 cup butter	1-1/2 cups sifted flour
1/2 cup sugar	1/4 teaspoon salt
1 egg	2-1/2 teaspoons baking powder
1/2 cup milk	1/2 teaspoon vanilla

Cream the butter, add the sugar gradually and then the well-beaten egg. Sift the flour, salt, and baking powder together and add alternately with the milk to the first mixture. Add the vanilla. Fill lightly-greased muffin pans, and bake from 25 to 30 minutes in a moderate oven.

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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON D. C.

RELEASE FOR PUBLICATION
JUNE 22, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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:	Tomatoes (or oranges) for children	: Eggs (especially for children)	:
:	A green or yellow vegetable	: Lean meat, fish, or poultry, or	:
:	A fruit or additional vegetable	: cheese	:
:	Milk for all	:	:
:	:	:	:

TABLE FATS FOR THE LOW-COST MEAL

The feeling of satisfaction that follows a good meal is due largely to the fats which were either a part of the food itself or were added to it for flavor, nutritionists say. We are told that the people of Europe who were short of fat during the war years felt hungry nearly all the time, even when their actual needs were satisfied. It is fat that gives staying power to food, and fat, together with starch and sugar, gives to food its energy value. Therefore the Bureau of Home Economics of the U. S. Department of Agriculture calls attention now to the importance of fats in low-cost meals, to make the meals more appetizing and also to make them "stick to the ribs."

There is some fat, of course, in almost every kind of food, whether animal or vegetable. But all the vegetables and some cuts of meat taste better to most

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people if some fat is added, either in cooking or in serving, and that is where the so-called table fats come in -- including butter, margarine, and the salad oils.

Butter, which is used to a greater extent than any other table fat, is just now a remarkable food bargain, costing 50 per cent less than a year ago. In fact, the price is down to the lowest point in more than 30 years -- as low as 20 cents a pound in eastern markets and $12\frac{1}{2}$ cents in some Middle Western communities.

To the good cook, the butter flavor is a desirable addition to almost any vegetable dish, and butter "just makes" many desserts. Buttered beans, buttered fresh peas, buttered cabbage, buttered beets, buttered carrots-- these and other vegetables that are all good in themselves are far more attractive to most persons when served with melted butter.

Long heating destroys the butter flavor and to cook vegetables with butter is wasteful; therefore the bureau advises adding the butter seasoning at the last minute before serving. Browned butter-- the browning must be done carefully, however, lest the butter burn-- gives a delicious flavor to cream sauce. Parsley butter-- which is melted butter with chopped parsley in it-- is a favorite dressing for boiled potatoes, and lemon butter, or melted butter with lemon juice, goes well with broiled fish. Young onions, boiled and served on toast with melted butter, make an enjoyable supper dish. Hollandaise sauce, when both eggs and butter are cheap, is a special delicacy with fish, with greens, and particularly with the stalked or head vegetables like collards, cabbage, cauliflower, brussels sprouts or broccoli.

The pies "that mother used to make" undoubtedly had butter in the filling-- all fruit pies and apple pies, especially. Baked apple and brown betty, too, need the butter flavor to make them more inviting.

The use of so much butter may seem extravagant. However, two level table-spoons, or about one ounce, will season five or six liberal servings of cabbage,

carrots, snap beans, beets, or peas, and will make parsley butter for six medium-sized boiled potatoes.

The margarines are used the same as butter and possess the same energy value. The price of margarine also has fallen in the past year-- running now from 8 to 21 cents a pound. The different margarines are made of beef fat, pork fat, peanut oil, coconut oil, or cottonseed oil. These fats and oils are churned with milk and sometimes some butter or cream, to give the butter flavor.

Salad oils are another means of adding energy value and staying quality as well as attractiveness to a meal. Under different trade names, cottonseed and corn oils are the most common substitutes for olive oil in salad dressings and are relatively cheap. In the small quantities required for French dressing, say, on lettuce or chopped raw carrots, or for a cooked dressing for cold slaw, salad oils, now selling from 21 to 27 cents a pint, are economical.

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including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
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Evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
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Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc.	2½ "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs
Sugar and molasses	3 lbs.

MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast
Coffee (adults) - Milk (children)

Dinner

Broiled Ground Beef on Toast
Potatoes with Parsley Butter
Tomato Jelly Salad (with sliced onion,
shredded cabbage and French dressing)
(Tomato Juice for youngest children)
Bread and Butter
Milk for children

Supper

Greens with Bacon Drippings
Spoon Bread
Berries or Bananas
Milk for all

RECIPES

Spoon Bread

1 cup corn meal
2 cups cold water
2 teaspoons salt

1 cup milk
2 or 3 eggs
2 tablespoons melted fat

Mix the meal, water, and salt, and boil for 5 minutes, stirring constantly. Add the milk, well-beaten eggs, and melted fat, and mix well. Pour in a well-greased hot pan or baking dish and bake for 45 to 50 minutes in a hot oven (400°F). Serve from the pan in which baked.

Hollandaise Sauce

4 egg yolks
2 tablespoons lemon juice
 $\frac{1}{2}$ cup butter

$\frac{1}{4}$ teaspoon salt
Pepper
 $\frac{1}{4}$ cup boiling water

Divide the butter into three portions. Beat the egg yolks and lemon juice together, add one piece of butter, and cook in a double boiler, stirring constantly until the mixture begins to thicken. Remove from the stove, add a second piece of butter, and stir rapidly. Then add the remaining butter, and continue to stir until the mixture is completely blended. Add the salt, pepper, and boiling water. Return to the double boiler, and stir until the sauce thickens.

Parsley or Watercress Butter for Sandwich Filling

$\frac{1}{2}$ cup butter
 $\frac{3}{4}$ cup finely ground parsley or
watercress

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ tablespoon lemon juice,
if desired

Cream the butter, add the finely ground parsley or watercress, salt and lemon juice, and stir until well blended. Use as a sandwich spread.

1890

1891

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By order of the

Comptroller

John A. Smith

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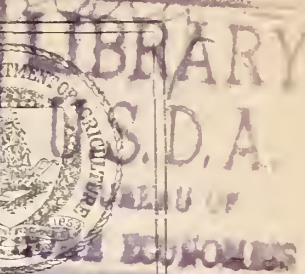
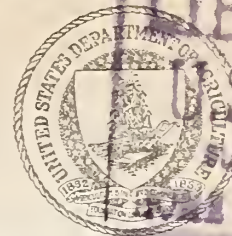
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THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

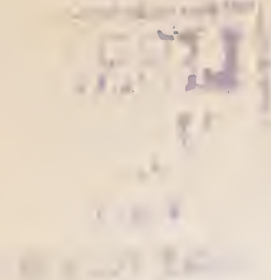
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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:		
:	:		
:	Every meal -- Milk for children, bread for all	:	
:	:	:	
:	Every day --	Two to four times a week --	:
:	Cereal in porridge or pudding	Tomatoes for all	:
:	Potatoes	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	Eggs (especially for children)	:
:	A green or yellow vegetable	Lean meat, fish, or poultry, or	:
:	A fruit or additional vegetable	cheese	:
:	Milk for all	:	:
:	:	:	:

PICNIC DINNERS COST NO MORE

The Fourth of July brings picnics. And picnics, fortunately, are a form of recreation which can cost as little as staying at home, and possibly less. If the pleasant country is too far away, the street car, the bus, or even "Shanks' ponies" can take the family to the city park, where nowadays tables and benches and even an outdoor fireplace are usually to be found, all ready for the picnic dinner. If the day is not too warm, bacon or frankfurters, cooked on the end of forked green sticks, or hamburg cakes cooked over the fireplace grill, then laid in an open roll; then a ripe tomato, slices of onion, or strips of raw cucumber or carrot; coffee, milk, a banana or some berries or cookies--a menu like that is probably as cheap a meal as would be served at home, and because it is eaten out of doors it usually tastes much better.



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Obviously, the main consideration in planning a picnic dinner, as distinguished from any other dinner, is to provide food that can be carried successfully, served conveniently, and eaten easily and with the fewest and simplest utensils. That usually means sandwiches, of course, and it should mean plenty of green things also for good balance. Picnic dinners often have too much starch and protein, and not enough green vegetables. Any sandwich of meat, cheese, or fish is improved by adding a little cucumber, onion, tomato, pickle, or lettuce -- frizzled chipped beef and lettuce, for example; bacon, tomato, and lettuce; ham, corned beef, bologna, liverwurst, or another summer sausage, sliced for sandwich filling and supplemented with lettuce or tomato, thinly sliced cucumber, onion, raw carrot, or raw turnip. Green things are important to remember whatever the kind of picnic, whether a clam bake, a beach dinner, a fish fry, steak fry, corn roast, or barbecue.

The steak fry does not necessarily call for whole steak. In some parts of the country, hamburg cakes are preferred. Then there is another picnic morsel, not everywhere familiar, called the habob. A long skewer, run through a series of one-inch cubes or slices first of meat, then onion, then again meat, onion, as long as there is room on the skewer. All this is roasted over the fire, to be taken hot off the skewer in a folded slice of bread, or a roll.

For many people most of the fun of a picnic comes in getting the dinner ready after they reach the picnic grounds. In that case they may prefer to carry the makings of salad separately, and mix them just before serving. Sometimes this is best for sandwiches, too. Cold meat -- cured pork shoulder, ham, a roast of any kind, corned beef, dried beef -- any of these is easy carry, as is also a meat loaf, either whole or sliced, canned salmon, sardines, or salt fish. So are lettuce (washed and crisped at home), hard-cooked eggs, deviled eggs, tomatoes, or cucumbers, whole (to be pared and cut in sticks), fruit (fresh or canned), and a jar of salad dressing. A jar of pickled beets goes well with the picnic dinner, as do, of course, also, such old standbys as potato salad and cold slaw.

The Fourth of July picnic this year should have its watermelon for many picnickers, and some fortunate ones will doubtless be able to gather for themselves luscious dewberries or wild blackberries. Pineapples have been relatively cheap this year, and here is a suggestion about pineapple at a picnic: After washing it carefully, cut the pineapple open lengthwise in pieces like an orange section, then cut the sections into shorter pieces like thick cuts of pie. Eat them in your fingers, from the inside as far as you like toward the rough outside. Dip the pieces in sugar as you eat if the fruit needs sweetening.

The family that likes picnic meals can have an impromptu picnic almost any day without much trouble, if in some corner a picnic basket is kept ready, with a skillet and a coffee pot (or for that matter any small pail for making coffee), paper plates, paper sauce dishes, paper napkins, and some tin cups or inexpensive table cups for coffee. Left-overs can be used for sandwiches or salad, or the corner store will furnish ready-to-use food, including sandwich spreads, salad dressings, ice cream and the cones in which to serve it, if desired. The paper plates and napkins, thrown away afterward, mean little to carry and less work to do after the picnic is over.

This, moreover, is one way to vary any diet, for change of scene gives a different flavor to the same foods, if it does not also change the choice of foods.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

MENU FOR ONE DAY

Breakfast

Hot Cereal

French Toast - Sirup or Molasses

Plain Buttered Toast for youngest child

Orange or Tomato Juice for Youngest child

Coffee (adults) - Milk (children)

Lunch (at home)

Scalloped corn, canned or fresh,
with green pepper

Whole Wheat Bread and Butter

Jelly

Milk for all

Supper (picnic)

Cold Sliced Corn Beef or Meat Loaf Sand-
wiches (lettuce, and soft rolls or
bread and butter)

Potato salad with onion and diced cu-
cumber for crispness and seasoning

Fresh pineapple or bananas or berries

Cookies or Cup Cakes

Coffee (adults) - Milk (children)

RECIPES

Beef Loaf

2 pounds lean beef

1 cup diced salt pork (about 1/2 pound)

4 tablespoons flour

1-1/2 cups milk

1 cup chopped parsley

1/4 cup chopped onion

1 cup fine, dry bread crumbs

2 teaspoons salt

1/8 teaspoon pepper

Put the meat through a grinder. Fry the diced salt pork until light brown and crisp and remove the pieces from the pan. Make a sauce of the flour, milk, and 3 tablespoons of the pork drippings. Cook the parsley and onion for a few minutes in the rest of the pork drippings, and add to this the bread crumbs and seasonings. Combine all the ingredients and use the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350°F.) for 1-1/4 hours. Do not cover the pan and do not add water. Much better results are obtained by making the meat loaf in this way than by packing it into a deep pan and baking it like a loaf of bread. Remove the meat loaf from the paper and serve hot, or chill it and serve in thin slices.

Sandwich Fillings

Chop hard-cooked eggs, and mix with minced crisp fried bacon and enough salad dressing to moisten.

Wash prunes, dates, raisins, or dried figs or apricots, chop fine, mix with about twice as much cream or cottage cheese, add salt to season, and chopped nuts if desired.

Mix cream or cottage cheese with chow-chow, chili sauce, or chopped dill pickle, green or ripe olives, celery, green pepper, parsley, watercress, onion, or other salad vegetable, or with chopped nuts, and add salt to season.

Grind shelled roasted peanuts medium fine, mix with enough cream to moisten, and add salt to season. This is particularly good as a filling for graham or whole-wheat bread.

To : one-half cup cold Boston baked beans, add 2 tablespoons chili sauce, mash, mix to a smooth paste, and spread between slices of brown bread.

